

The Path

To Preparedness

Preparedness Exercises

What Is An Exercise?

An exercise is a *practice activity that places the participants in a simulated situation requiring them to function in the capacity that would be expected of them in a real event.* Its purpose is to promote preparedness by testing policies and plans and training personnel.

Everything Begins With The Emergency Response Plan



Emergencies happen. Emergencies can be limited in scope or they can reach disaster proportions, sweeping an entire community or multiple communities. Being prepared to respond to and recover from emergencies is everyone's challenge.

As an outcome of the health department's emergency planning process, plans are in place that specify how we would prepare for emergencies, how we would respond if an emergency occurs, how we will handle the effects of emergencies, and how we will recover. Practice is an important aspect of the preparation process.

Why Practice Exercises?

Exercises are conducted to evaluate the capability to execute one or more portions of the emergency response plan. When planned and executed properly, exercises that simulate public health response to major emergency situations can significantly help improve preparedness on two levels.

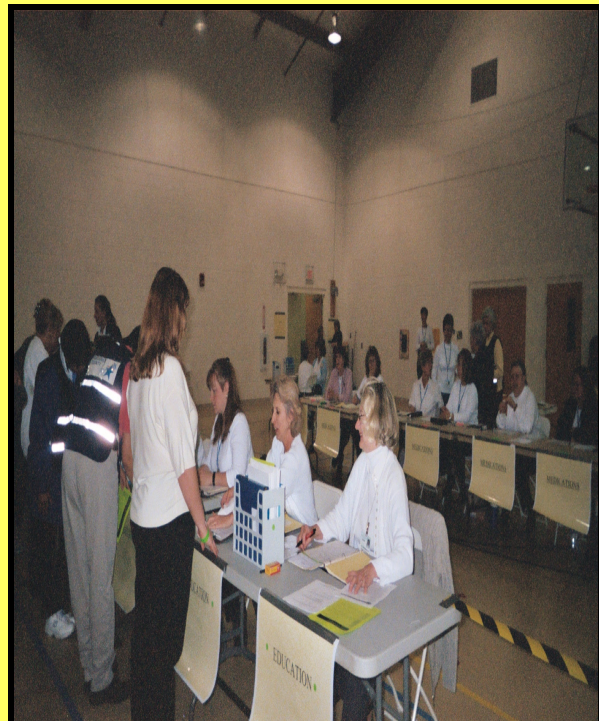
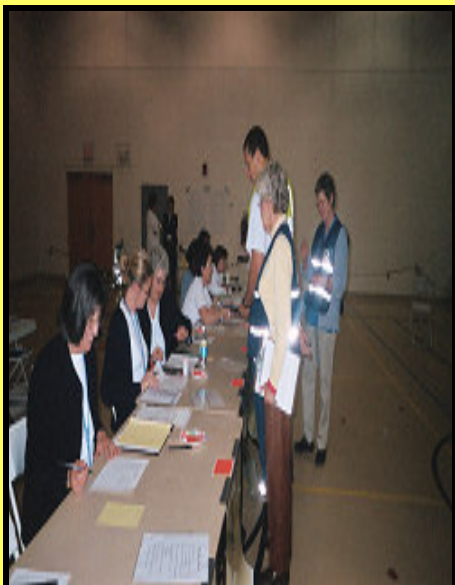
At the *individual* level, exercises present an opportunity to educate staff members on disaster plans and procedures through hands-on practice. They help staff understand their role in an emergency and to become more confident in fulfilling that role.

On a *system-wide* level, well-designed exercises can reveal gaps in resources, uncover planning weaknesses, and clarify specific roles and responsibilities.



Anthrax Mass Medication Exercise

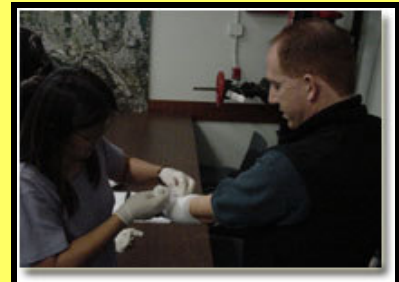
May 5th, 2005



An Exercise Has Value Only When It Leads To Improvement

The focus of an exercise should always be about locating and eliminating problems before an actual emergency occurs. There are a number of reasons to perform exercises. Through exercises the health department can:

- ❖ Test and evaluate plans, policies, and procedures
- ❖ Reveal planning weaknesses
- ❖ Reveal gaps in resources
- ❖ Improve organization coordination and communications
- ❖ Clarify roles and responsibilities
- ❖ Train personnel in roles and responsibilities
- ❖ Improve individual performance
- ❖ Gain Program recognition and support of officials
- ❖ Satisfy regulatory requirements



CITIES READINESS INITIATIVE PLAN



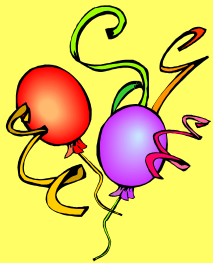
The Office Of Public Health Preparedness and Response along with Montgomery, Prince George's, Charles and Calvert counties will be participating and coordinating a Cities Readiness Initiative (CRI) exercise. The CRI is an emergency preparedness project intended to prepare several metropolitan areas for a public health emergency.

The National Capital Region including Frederick County has been identified as a location to implement this exercise. The goal of the exercise is to distribute medication to 100% of the population within 48 hours.

In order to achieve this goal Quick Delivery Centers (QDC's) operated by volunteers will provide efficient, non-medical delivery of the medications to the public.

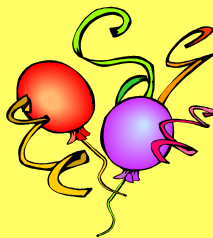
The OPHPR division, FCHD Emergency Response team and Volunteer Frederick will sponsor an exercise testing components of this project in June 2006.

If you would like to participate in the exercise please contact the OPHPR offices.



National Incident Command Training

Congratulation to the Nursing Division's Communicable Disease and Preparedness Program team for being the first team to complete the NIMS training course at the health department!



COOP Call Down Drill

Congratulation to the Environmental Health Department team.

On Tuesday, April 25th, 2006 the Environmental Health Department practiced an after hours call down drill based on the policies and procedures within their COOP Plan. The drill was executed perfectly and was a huge success.



Quick Delivery Center Drill

When: Wednesday, June 14th, 2006
Time: 9:00am – 12:00pm
Where: Brookhill United Methodist Church
Topic: Volunteer Non-Medical Dispensing

Apothe-Carry 06 Exercise

When: August 21st, 2006
Time: To Be Determined
Where: Frederick County, Maryland
Topic: Local Receiving, Staging and Storing

Brown Bag Learning Lunch Series

When: Thursday, July 6th, 2006
Time: 12:00pm – 12:55pm
Where: FCHD Auditorium "C"
Topic: Outbreak Investigation

NIMS Training

When: January 1st, 2006 - December 31st, 2006
Topic: NIMS – IS-700 Training

Visit:

www.co.frederick.md.us/healthdept/emergencyresponse

Follow "The Path" for your monthly updates on Preparedness Planning.



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